
Food is for Health:

Bucksport Regional
Health Nutrition Access





Food Insecurity in Maine

- Maine Ranks 9th in the nation for Food Insecurity
- 14.4% of Maine households are food insecure
- 1 in 5 children in Maine are food insecure
- 16% of Seniors in Maine are food insecure

Importance of a Healthy Diet

Vegetables and Fruits are a source of:

- Vitamins
- Minerals
- Dietary Fiber
- Plant protein
- Antioxidants

A healthy diet protects against:

- Heart Disease
- Obesity
- Diabetes
- Cancer



Common Barriers to Accessing Fresh Produce

Transportation

Mobility in getting
around a store

Expense

Food Programs

Healthy Acadia Garden

Good Shepherd Emergency Food
Bags and monthly pop-up

Healthy Acadia Gleaning

Good Shepherd Mainers Feeding
Mainers

Pick Your Own Garden

Started in Partnership with Healthy Acadia in 2020

2022 BRHC independently took over the responsibility for the garden

6-10 types of produce/ herbs, including strawberries and chives

CHW plans and maintains garden

Other staff volunteer for prepping and planting and end of year clean up

Community members are encouraged to help themselves





Good Shepherd Emergency Food Bags

- Bags contain non-perishable foods and are easily accessed by patients upon request
- The number of bags taken is tracked and notification sent monthly to Good Shepherd
- Arrive with monthly shipment of fresh produce



Good Shepherd Monthly Produce Pop-up

- 3rd Wednesday of every month produce is delivered to Bucksport Community Concerns Food Pantry
- Produce is packaged and placed outside or in the lobby for community members
- Each package has a flyer for the program and a list of local food pantries

Healthy Acadia Gleaning Program

Healthy Acadia gleans from farms in the Hancock and Washington County region and centralizes pick up at their site in Ellsworth

A selection of produce is put in bins for pick up

Produce is put out at BRHC and CHC for patients to pick up



Mainers Feeding Mainers



GOOD SHEPHERD COORDINATES A PARTNERSHIP BETWEEN BRHC AND A LOCAL FARM



BRHC WILL CONTRACT WITH THE FARM FOR UP TO 150 LBS OF PRODUCE A MONTH DURING THE SUMMER



PRODUCE WILL BE GIVEN OUT AT LEAST MONTHLY, ALTERNATING WITH THE OTHER FOOD PROGRAMS





Question and Answer

Thank you. Be well!

References

- The University of Maine. (n.d.). *Learn More About Food Insecurity in Maine*. The University of Maine. Retrieved April 8, 2024, from <https://extension.umaine.edu/cumberland/maine-harvest-for-hunger/learn-more-about-food-insecurity-in-maine/>.
- World Health Organization. (n.d.). *Healthy Diet*. World Health Organization. Retrieved April 8, 2024, from <https://www.who.int/initiatives/behealthy/healthy-diet>